

INLAND NW LCM Records -- as of 8/15/26

MEN 18-24

:24.46	08/09/25	KM	Carl Eisen
:56.22	06/19/26	VS	Aiden Grigsby
2:19.09	06/01/85	WVM	Mike Yacinich
5:01.26	06/15/19	UC35	Christopher Yaw
13:29.16	07/13/86	FAF	Richard Miller
26:45.84	07/27/84	SPO	Bill Close
:29.45	06/20/26	VS	Aiden Grigsby
1:05.34	06/20/26	VS	Aiden Grigsby
2:48.36	06/22/24	VS	Benjamin Grigsby
0:31.53	08/08/25	UC35	Nolan Jenks
1:17.68	07/06/24	UC35	Nolan Jenks
2:56.87	06/01/85	WVM	Mike Yacinich
:26.86	08/10/25	UC35	Nolan Jenks
1:08.39	07/10/82	CHE	Bernie Kingsly
			none
2:39.82	06/19/16	STRG	Gregory Luntzel
			none

MEN 25-29

0:23.87	08/08/26	KM	Carl Eisen
:56.67	08/07/25	TCAS	Stephen Wessenberg
2:03.49	08/18/16	KM	Nick Blank
4:59.15	07/31/94	IEM	David Nichols
9:02.84	08/19/16	KM	Nick Blank
26:20.81	07/12/85	SPO	Bill Close
0:28.11	08/21/16	KM	Nick Blank
1:01.46	08/20/16	KM	Nick Blank
2:14.27	08/21/16	KM	Nick Blank
0:34.83	07/31/94	SCM	Roy Berg
1:16.30	08/10/25	UC35	Quentin Knox
			none
:27.40	08/10/25	TCAS	Stephen Wessenberg
1:02.15	07/31/94	SCM	Roy Berg
			none
2:14.90	08/19/16	KM	Nick Blank
7:20.01	07/13/85	SPO	Robert Dellwo

MEN 30-34

:26.97	08/09/25	INAM	Christian McKinney
1:00.10	06/05/11	WVM	James Adams
2:12.80	06/12/11	WVM	James Adams
4:47.68	07/10/11	WVM	James Adams
9:58.05	06/05/11	WVM	James Adams
18:52.60	06/05/11	WVM	James Adams
0:34.32	08/08/10	WVM	James Adams
1:11.21	08/27/95	IEM	Michael Dowhy
2:37.84	05/15/11	WVM	James Adams
0:36.30		SPO	Armin Arndt
1:21.40		SPO	Armin Arndt
2:58.19	06/05/10	WVM	James Adams
0:28.87	06/05/11	WVM	James Adams
1:04.48	06/05/10	WVM	James Adams
2:26.62	06/05/11	WVM	James Adams
2:30.04	08/27/95	IEM	Michael Dowhy
5:23.61	05/15/11	WVM	James Adams

MEN 35-39

0:26.46	06/24/18	SCM	Trent Shino
0:58.23	08/07/26	KM	Kevin Wood
2:12.82	08/09/26	KM	Kevin Wood
4:42.46	07/28/13	WVM	James Adams
9:56.43	06/03/12	WVM	James Adams
19:04.64	08/25/13	WVM	James Adams
0:34.00	06/09/12	WVM	James Adams
1:10.28	08/06/26	KM	Kevin Wood
2:44.50	06/03/12	WVM	James Adams
0:34.47	08/21/86	MON	Steve Holloway
1:13.36	06/24/18	SCM	Trent Shino
3:01.52	06/03/12	WVM	James Adams
0:29.45	06/03/12	WVM	James Adams
1:04.91	06/22/19	SCM	Trent Shino
2:24.68	07/28/13	WVM	James Adams
2:33.78	06/03/12	WVM	James Adams
5:23.77	06/03/12	WVM	James Adams

WOMEN 18-24

50	M. Free	Zoe Baumann	SPO	07/10/82	0:30.98
100	M. Free	Zoe Baumann	SPO	07/10/82	1:08.02
200	M. Free	Cherese Eder	SPO	07/25/92	2:29.14
400	M. Free	Anna Sharpe	SWAT	08/12/12	5:25.44
800	M. Free	Alice Horn	TCM	07/13/86	11:55.59
1500	M. Free	Becky Bennett	YAK		23:02.16
50	M. Back	Elizabeth Hess	MCM	07/12/09	0:34.83
100	M. Back	Elizabeth Hess	MCM	07/12/09	1:20.11
200	M. Back	Anna Sharpe	KM	08/21/16	2:48.05
50	M. Breast	Anna Sharpe	KM	08/19/16	0:36.81
100	M. Breast	Anna Sharpe	KM	08/18/16	1:19.44
200	M. Breast	Anna Sharpe	KM	08/21/16	2:52.44
50	M. Fly	Emma Knott	VS	06/21/26	:33.84
100	M. Fly	Lana Lawrence	LCM	06/09/12	1:26.83
200	M. Fly	Becky Bennett	YAK		3:40.22
200	M. I. M.	Cherese Eder	SPO	07/25/92	2:50.00
400	M. I. M.	Anna Sharpe	KM	08/18/16	5:52.84

WOMEN 25-29

50	M. Free	Lori Clark	ELL	07/10/82	0:29.09
100	M. Free	Kristen LeGro	STRG	06/22/19	1:07.11
200	M. Free	Catherine Chay	UCM	04/28/84	2:26.55
400	M. Free	Catherine Chay	UCM	04/28/84	5:05.68
800	M. Free	Jennifer Tanner	TCM	07/13/86	14:03.02
1500	M. Free	Catherine Chay	UCM	04/28/84	19:58.09
50	M. Back	Lori Clark	ELL	08/25/82	0:32.87
100	M. Back	Diana MacManus	LCM	06/16/12	1:06.91
200	M. Back	Lori Clark	ELL	08/25/82	2:51.52
50	M. Breast	Anna Sharpe	UC35	10/10/21	0:34.98
100	M. Breast	Anna Sharpe	KM	08/10/19	1:15.95
200	M. Breast	Anna Sharpe	KM	08/11/19	2:45.22
50	M. Fly	Lori Clark	ELL	08/25/82	0:31.16
100	M. Fly	Carol Corsberg	MON	08/03/86	1:15.80
200	M. Fly	Catherine Chay	UCM	08/25/82	2:49.21
200	M. I. M.	Lori Clark	ELL	08/25/82	2:46.72
400	M. I. M.	Anna Sharpe	UC35	10/08/21	5:37.10

WOMEN 30-34

50	M. Free	Lori Clark	ELL	08/21/86	0:28.84
100	M. Free	Carolyn Petersen	VS	06/21/24	1:10.99
200	M. Free	Catherine Chay	UCM	08/22/86	2:24.73
400	M. Free	Catherine Chay	UCM	08/21/86	4:59.99
800	M. Free	Catherine Chay	UCM	08/03/86	10:29.03
1500	M. Free	Catherine Chay	UCM	08/24/86	19:18.71
50	M. Back	Lori Clark	ELL	08/22/86	0:33.01
100	M. Back	Lori Clark	ELL	08/23/86	1:13.26
200	M. Back	Lori Clark	ELL	08/21/86	2:50.64
50	M. Breast	Robbie Chandler	ELL	08/25/82	0:41.46
100	M. Breast	Robbie Chandler	ELL	08/25/82	1:32.82
200	M. Breast	Robbie Chandler	ELL	08/25/82	3:24.36
50	M. Fly	Lori Clark	ELL	08/22/86	0:30.90
100	M. Fly	Shelly Ruspakka	MCM	08/18/16	1:20.64
200	M. Fly	Catherine Chay	UCM	08/02/86	2:57.70
200	M. I. M.	Lori Clark	ELL	08/22/86	2:41.24
400	M. I. M.	Catherine Chay	UCM	08/23/86	5:47.88

WOMEN 35-39

50	M. Free	Juana Santana	VS	08/09/25	:30.28
100	M. Free	Carolyn Peterson	VS	08/07/25	1:09.15
200	M. Free	Alex McAnally (split)	INAM	08/08/25	2:38.74
400	M. Free	Alex McAnally	INAM	08/08/25	5:23.18
800	M. Free	Alex McAnally	INAM	08/06/25	11:34.19
1500	M. Free	Alex McAnally	INAM	08/06/25	21:48.19
50	M. Back	Juana Santana	VS	06/21/25	:35.94
100	M. Back	Juana Santana	VS	06/23/24	1:20.53
200	M. Back	Alex McAnally	INAM	08/10/25	2:58.84
50	M. Breast	Carolyn Petersen	VS	08/08/25	:42.11
100	M. Breast	Alex McAnally	INAM	08/08/26	1:35.08
200	M. Breast	Alex McAnally	INAM	08/07/25	3:26.59
50	M. Fly	Juana Santana	VS	08/10/25	:32.49
100	M. Fly	Heather DeWitt	IEY	08/26/86	1:20.84
200	M. Fly	Carolyn Kent	CDA	08/25/82	3:18.94
200	M. I. M.	Heather DeWitt	IEY	08/22/86	3:01.86
400	M. I. M.	Alex McAnally	INAM	08/07/26	6:28.98

INLAND NW LCM Records -- as of 8/15/26

MEN 40-44

0:28.09	07/27/05	SCM	Murray Allen
1:02.59	07/27/05	SCM	Murray Allen
2:24.91	06/16/17	KM	James Adams
5:20.49	06/24/18	STRG	Brian Ruark
10:37.85	06/16/17	KM	James Adams
22:56.90	07/12/85	SPO	Don Wallace
0:34.65	08/27/95	IEM	Joe Terhaar
1:20.99	08/06/26	INAM	Travis Rothway
2:46.99	08/27/95	IEM	Joe Terhaar
0:33.97	08/04/96	IEM	Jay Walters
1:16.57	08/04/96	IEM	Jay Walters
2:52.79	08/25/82	SPO	Armin Arndt
0:31.11	07/27/05	SCM	Murray Allen
1:16.11	07/27/05	SCM	Murray Allen
3:21.26	08/27/95	IEM	Joe Terhaar
2:45.01	06/16/17	KM	James Adams
6:09.13	08/25/82	SPO	Armin Arndt

MEN 45-49

0:25.57	03/30/02	SCM	Larry Krauser
0:57.15	03/30/02	SCM	Larry Krauser
2:05.87	03/30/02	SCM	Larry Krauser
4:33.88	03/30/02	SCM	Larry Krauser
9:42.17	03/30/02	SCM	Larry Krauser
18:41.01	08/19/01	SCM	Larry Krauser
0:33.36	06/09/12	TCAS	Wes Bratton
1:17.60	06/09/12	TCAS	Wes Bratton
2:46.90	06/09/12	TCAS	Wes Bratton
0:36.35	08/22/86	WAM	Armin Arndt
1:19.88	08/21/86	WAM	Armin Arndt
3:01.39	06/16/12	SWAT	Harm-Jan Steenhuis
0:35.24	07/12/86	SCM	Jim Dukelow
1:12.39	08/19/01	SCM	Larry Krauser
4:12.59	08/02/86	TCM	Jim Dukelow
2:48.31	06/09/12	TCAS	Wes Bratton
6:09.70	05/22/22	MCM	Richard Edge

MEN 50-54

0:25.79	08/10/03	SCM	Larry Krauser
0:57.37	08/10/03	SCM	Larry Krauser
2:06.21	08/10/03	SCM	Larry Krauser
4:34.87	07/27/05	SCM	Larry Krauser
9:34.00	07/27/05	SCM	Larry Krauser
18:15.68	08/15/05	SCM	Larry Krauser
0:32.99	08/15/05	SCM	Larry Krauser
1:14.54	05/24/10	LCM	Michael Hamm
2:39.38	08/15/05	SCM	Larry Krauser
0:34.38	05/24/10	LCM	Michael Hamm
1:23.47	08/22/86	IEY	David Daboll
2:49.52	05/24/10	LCM	Michael Hamm
0:29.37	08/15/05	SCM	Larry Krauser
1:18.79	05/23/04	SCM	Larry Krauser
2:51.94	05/23/04	SCM	Larry Krauser
2:37.43	05/24/10	LCM	Michael Hamm
5:42.34	08/15/05	SCM	Larry Krauser

MEN 55-59

0:26.35	04/25/08	SCM	Larry Krauser
0:58.78	04/25/08	SCM	Larry Krauser
2:10.62	08/17/08	SCM	Larry Krauser
4:41.46	04/25/08	SCM	Larry Krauser
9:46.83	04/25/08	SCM	Larry Krauser
19:12.17	08/17/08	SCM	Larry Krauser
0:36.19	06/18/17	MCM	Brian Johnson
1:16.22	08/20/16	KM	Michael Hamm
2:43.68	08/07/10	SCM	Larry Krauser
0:34.88	08/19/16	KM	Michael Hamm
1:17.36	08/18/16	KM	Michael Hamm
2:55.64	08/21/16	KM	Michael Hamm
0:33.49	06/17/17	MCM	Brian Johnson
1:26.88	06/23/19	MCM	Brian Johnson
4:22.43	08/21/86	TCM	Jack Griffin
2:41.41	08/19/16	KM	Michael Hamm
6:31.62	08/23/92	CSF	David Daboll

WOMEN 40-44

50	M. Free	Tammy Fisher	TCAS	08/05/23	:31.49
100	M. Free	Susanne Simpson	SCM	06/13/04	1:05.07
200	M. Free	Susanne Simpson	SCM	03/30/02	2:12.75
400	M. Free	Susanne Simpson	SCM	06/13/04	4:39.93
800	M. Free	Susanne Simpson	SCM	06/13/04	9:41.90
1500	M. Free	Susanne Simpson	SCM	05/23/04	19:30.86
50	M. Back	Paige Buehler	MCM	06/09/12	0:42.71
100	M. Back	Shelly Ruspakka	MCM	05/22/22	1:32.54
200	M. Back	Elin Zander	IEY	07/16/95	3:25.32
50	M. Breast	Elin Zander	IEY	07/16/95	0:43.11
100	M. Breast	Erin Popelka	STRG	08/10/25	1:27.02
200	M. Breast	Erin Popelka	STRG	08/07/25	3:18.20
50	M. Fly	Susanne Simpson	SCM	06/13/04	0:31.59
100	M. Fly	Susanne Simpson	SCM	03/30/02	1:06.91
200	M. Fly	Susanne Simpson	SCM	03/30/02	2:29.37
200	M. I. M.	Erin Popelka	STRG	08/09/25	2:48.12
400	M. I. M.	Erin Popelka	STRG	08/07/25	6:26.87

WOMEN 45-49

50	M. Free	Susanne Simpson	SCM	07/27/05	0:29.62
100	M. Free	Susanne Simpson	SCM	07/27/05	1:06.03
200	M. Free	Susanne Simpson	SCM	07/27/05	2:14.84
400	M. Free	Susanne Simpson	SCM	08/17/06	4:44.30
800	M. Free	Susanne Simpson	SCM	07/27/05	9:48.77
1500	M. Free	Cynthia Clutter	LCM	08/17/08	24:06.04
50	M. Back	Cassandra Erickson	INAM	07/11/26	:35.63
100	M. Back	Cassandra Erickson	INAM	07/11/26	1:17.09
200	M. Back	Cassandra Erickson	INAM	07/11/26	2:51.06
50	M. Breast	Erin Popelka	INAM	08/07/26	0:39.34
100	M. Breast	Erin Popelka	INAM	08/08/26	1:25.40
200	M. Breast	Erin Popelka	INAM	08/06/26	3:12.94
50	M. Fly	Susanne Simpson	SCM	07/27/05	0:32.51
100	M. Fly	Susanne Simpson	SCM	07/27/05	1:08.56
200	M. Fly	Susanne Simpson	SCM	07/27/05	2:32.07
200	M. I. M.	Erin Popelka	INAM	08/08/26	2:50.20
400	M. I. M.	Erin Popelka	INAM	08/07/26	6:10.54

WOMEN 50-54

50	M. Free	Barbara Thrasher	UC35	07/08/18	0:31.97
100	M. Free	Margaret Hair	LCM	07/27/05	1:15.10
200	M. Free	Barbara Thrasher	UC35	07/08/18	2:37.74
400	M. Free	Nancy Rose	WWM	07/26/15	5:38.09
800	M. Free	Anne Egger	EM	08/09/25	11:26.40
1500	M. Free	Nancy Rose	WWM	07/26/15	21:47.70
50	M. Back	Margaret Hair	LCM	07/08/06	0:44.83
100	M. Back	Paige Buehler	MCM	07/08/18	1:34.23
200	M. Back	Paige Buehler	MCM	07/07/18	3:19.07
50	M. Breast	Margaret Hair	LCM	07/27/05	0:43.35
100	M. Breast	Margaret Hair	LCM	08/17/06	1:36.59
200	M. Breast	Margaret Hair	LCM	07/08/06	3:44.95
50	M. Fly	Margaret Hair	LCM	08/17/06	0:35.75
100	M. Fly	Margaret Hair	LCM	07/27/05	1:31.67
200	M. Fly	Margaret Hair	LCM	07/08/06	3:37.02
200	M. I. M.	Anne Egger	EM	08/09/25	3:03.81
400	M. I. M.	Margaret Hair	LCM	07/27/05	6:53.56

WOMEN 55-59

50	M. Free	Margaret Hair	LCM	05/24/10	0:35.38
100	M. Free	Nancy Rose	WWM	06/23/18	1:18.44
200	M. Free	Nancy Rose	WWM	06/24/18	2:52.62
400	M. Free	Nancy Rose	WWM	06/23/18	5:50.74
800	M. Free	Nancy Rose	UC35	06/15/19	12:09.69
1500	M. Free	Nancy Rose	WWM	06/23/18	23:28.09
50	M. Back	Paige Buehler	KM	08/09/26	0:45.09
100	M. Back	Nancy Rose	WWM	06/24/18	1:33.20
200	M. Back	Nancy Rose	WWM	06/23/18	3:22.48
50	M. Breast	Margaret Hair	LCM	08/08/10	0:47.73
100	M. Breast	Nancy Rose	WWM	06/23/18	1:45.03
200	M. Breast	Sarah Applegate	VS	06/20/26	3:49.30
50	M. Fly	Sarah Applegate	VS	06/22/25	:39.50
100	M. Fly	Nancy Rose	WWM	06/24/18	1:26.68
200	M. Fly	Margaret Hair	LCM	08/08/10	3:54.25
200	M. I. M.	Nancy Rose	UC35	06/15/19	3:17.01
400	M. I. M.	Nancy Rose	UC35	06/16/19	7:00.37

INLAND NW LCM Records -- as of 8/15/26

MEN 60-64

0:27.41	08/10/13	SCM	Larry Krauser
1:01.24	08/11/13	SCM	Larry Krauser
2:14.52	08/08/13	SCM	Larry Krauser
5:00.52	08/08/15	SCM	Larry Krauser
10:13.78	08/09/13	SCM	Larry Krauser
19:28.84	08/07/13	SCM	Larry Krauser
0:34.32	05/16/15	MCM	Wes Edwards
1:15.26	06/06/15	MCM	Wes Edwards
2:48.75	08/07/15	SCM	Larry Krauser
0:35.96	08/06/17	KM	Michael Hamm
1:19.93	08/05/17	KM	Michael Hamm
2:59.70	08/04/17	KM	Michael Hamm
0:39.90	07/10/82	SPO	Bill Odman
1:31.32	05/22/22	MCM	Brian Johnson
			none
2:42.40	08/06/17	KM	Michael Hamm
6:12.20	08/18/16	SCM	Larry Krauser

MEN 65-69

0:28.23	07/29/18	SCM	Larry Krauser
1:03.22	07/30/18	SCM	Larry Krauser
2:20.44	07/31/18	SCM	Larry Krauser
5:04.05	08/04/18	SCM	Larry Krauser
10:32.42	07/28/18	SCM	Larry Krauser
27:48.64	07/10/82	SPO	Roland Portman
0:35.19	08/09/26	SCM	Robert Heath
1:18.66	08/25/24	SCM	Robert Heath
2:59.76	08/13/19	SCM	Larry Krauser
:41.00	08/08/25	SCM	Robert Heath
1:37.78	08/17/08	WVM	Wayne Brown
3:46.63	08/17/08	WVM	Wayne Brown
:32.00	08/23/24	SCM	Robert Heath
2:35.63	08/04/96	UNA	John Milton
5:41.42	08/04/96	UNA	John Milton
3:59.32	08/09/25	KM	Glenn Mabile
10:05.89	08/04/96	UNA	John Milton

MEN 70-74

:30.06	08/09/25	KM	William Hickcox
1:06.71	03/03/24	SCM	Larry Krauser
3:04.26	08/17/08	HMS	Earl Ellis
6:39.81	08/17/08	HMS	Earl Ellis
11:12.67	03/03/24	SCM	Larry Krauser
			none
:35.12	08/07/25	KM	William Hickcox
1:45.98	08/04/96	IEM	Wilford Dolphin
3:54.77	08/04/96	IEM	Wilford Dolphin
0:53.67	08/22/86	CAC	C.J. Hamilton
2:01.15	08/21/86	CAC	C.J. Hamilton
4:22.25	08/04/96	IEM	Wilford Dolphin
			none
			none
			none
4:17.98	08/04/96	IEM	Wilford Dolphin
			none

MEN 75-79

0:36.04	08/09/26	KM	Howard Burns
1:26.27	08/27/95	UNA	Bill Odman
3:30.37	08/17/08	WVM	Jack Bevier
7:44.49	08/07/08	WVM	Jack Bevier
			none
25:51.65	08/05/26	KM	Howard Burns
			none
			none
			none
0:43.05	08/07/26	KM	Howard Burns
1:46.32	08/08/26	KM	Howard Burns
3:59.21	08/06/26	KM	Howard Burns
			none
			none
			none
			none
			none

WOMEN 60-64

50	M. Free	Margaret Hair	LCN	08/20/16	0:35.70
100	M. Free	Margaret Hair	LCNM	05/17/15	1:23.29
200	M. Free	Suzanne Dills	SCM	08/17/06	2:46.63
400	M. Free	Margaret Hair	LCNM	05/19/19	6:35.40
800	M. Free	Suzanne Dills	SCM	08/17/06	11:54.21
1500	M. Free	Margaret Hair	LCN	08/17/16	25:53.86
50	M. Back	Caroline Keegan	KM	08/10/25	:46.65
100	M. Back	Suzanne Dills	SCM	08/17/06	1:34.86
200	M. Back	Margaret Hair	LCNM	08/25/19	3:55.51
50	M. Breast	Margaret Hair	LCNM	08/25/19	0:49.30
100	M. Breast	Zhou Chuanzhu	TCAS	05/22/22	1:42.07
200	M. Breast	Zhou Chuanzhu	TCAS	05/22/22	3:40.70
50	M. Fly	Margaret Hair	LCNM	07/06/19	0:43.41
100	M. Fly	Margaret Hair	LCNM	08/02/18	1:43.99
200	M. Fly	Margaret Hair	LCNM	08/03/18	4:04.59
200	M. I. M.	Suzanne Dills	SCM	08/17/06	3:15.30
400	M. I. M.	Suzanne Dills	SCM	08/17/06	7:06.92

WOMEN 65-69

50	M. Free	Margaret Hair	LCNM	06/27/21	0:37.09
100	M. Free	Charlene O'Brien	KM	08/08/25	1:21.13
200	M. Free	Charlene O'Brien	KM	08/08/25	2:49.17
400	M. Free	Charlene O'Brien	KM	08/08/25	5:41.28
800	M. Free	Charlene O'Brien	KM	08/09/25	11:40.48
1500	M. Free	Margaret Hair	LCNM	05/23/21	25:52.00
50	M. Back	Charlene O'Brien	KM	08/07/25	:41.34
100	M. Back	Charlene O'Brien	KM	08/08/25	1:33.93
200	M. Back	Zhou Chuanzhu	TCAS	08/09/26	3:44.08
50	M. Breast	Zhou Chuanzhu	TCAS	08/08/25	:47.36
100	M. Breast	Zhou Chuanzhu	TCAS	08/10/25	1:45.73
200	M. Breast	Zhou Chuanzhu	TCAS	08/07/25	3:48.59
50	M. Fly	Charlene O'Brien	KM	08/10/25	:36.02
100	M. Fly	Margaret Hair	LCNM	05/22/22	1:56.40
200	M. Fly	Margaret Hair	LCNM	07/01/23	4:25.40
200	M. I. M.	Margaret Hair	LCNM	05/21/21	3:35.20
400	M. I. M.	Zhou Chuanzhu	TCAS	08/07/26	7:42.31

WOMEN 70-74

50	M. Free	Victoria Dickinson	KM	08/20/16	0:35.21
100	M. Free	Cindy Kemp	KM	08/07/26	1:21.93
200	M. Free	Cindy Kemp	KM	08/08/26	3:00.09
400	M. Free	Charlene O'Brien	KM	08/06/26	5:47.85
800	M. Free	Charlene O'Brien	KM	08/09/26	11:56.28
1500	M. Free	Cindy Kemp	KM	08/05/26	24:45.42
50	M. Back	Victoria Dickinson	KM	08/18/16	0:45.49
100	M. Back	Charlene O'Brien	KM	08/06/26	1:33.07
200	M. Back	Carrie Franchi	SCM	07/06/24	3:35.08
50	M. Breast	Gloria Waggoner	KM	08/06/17	0:48.67
100	M. Breast	Gloria Waggoner	KM	08/05/17	1:49.56
200	M. Breast	Margaret Hair	KM	08/06/26	4:14.73
50	M. Fly	Victoria Dickinson	KM	08/21/16	0:48.81
100	M. Fly	Gloria Waggoner	KM	08/06/17	1:55.19
200	M. Fly	Carolyn Magee	WENM	08/20/16	4:37.40
200	M. I. M.	Gloria Waggoner	KM	08/06/17	3:46.33
400	M. I. M.	Gloria Waggoner	KM	08/03/17	8:14.04

WOMEN 75-79

50	M. Free	Gloria Waggoner	KM	08/09/25	0:39.42
100	M. Free	Gloria Waggoner	KM	08/07/25	1:34.40
200	M. Free	Jett Vallandigham	LCNM	08/10/25	5:47.11
400	M. Free	Jett Vallandigham	MCM	07/01/23	12:13.36
800	M. Free	Jett Vallandigham	MCM	08/05/23	23:54.46
1500	M. Free	none			
50	M. Back	Charlene Woodward	VS	06/21/25	0:57.85
100	M. Back	none			
200	M. Back	none			
50	M. Breast	Gloria Waggoner	KM	08/08/25	0:53.46
100	M. Breast	Jett Vallandigham	MCM	08/05/23	3:19.41
200	M. Breast	Jett Vallandigham	MCM	07/07/24	7:05.97
50	M. Fly	none			
100	M. Fly	none			
200	M. Fly	none			
200	M. I. M.	none			
400	M. I. M.	none			

INLAND NW LCM Records -- as of 8/15/26

MEN 80-84

			none
1:39.25	08/21/16	WENM	Jack Bevier
3:41.80	08/18/16	WENM	Jack Bevier
7:54.76	08/20/16	WENM	Jack Bevier
16:33.60	08/19/16	WENM	Jack Bevier
			none
			none
			none
			none
			none
2:27.80	07/31/94	IEM	C.J. Hamilton
5:25.81	07/31/94	IEM	C.J. Hamilton
			none
3:15.34	07/31/94	IEM	C.J. Hamilton
6:50.65	07/31/94	IEM	C.J. Hamilton
			none
13:16.38	07/31/94	IEM	C.J. Hamilton

MEN 85-89

none
none
none
none
none
none
none
none
none
none
none
none
none
none
none
none
none
none
none

MEN 90-94

none
none
none
none
none
none
none
none
none
none
none
none
none
none
none
none
none
none
none

MEN 95-99

none
none
none
none
none
none
none
none
none
none
none
none
none
none
none
none
none
none
none

50	M. Free	Carolyn Magee
100	M. Free	Carolyn Magee
200	M. Free	Carolyn Magee
400	M. Free	Carolyn Magee
800	M. Free	Carolyn Magee
1500	M. Free	none
50	M. Back	Carolyn Magee
100	M. Back	Carolyn Magee
200	M. Back	Carolyn Magee
50	M. Breast	Carolyn Magee
100	M. Breast	Carolyn Magee
200	M. Breast	Carolyn Magee
50	M. Fly	Carolyn Magee
100	M. Fly	Carolyn Magee
200	M. Fly	Carolyn Magee
200	M. I. M.	Carolyn Magee
400	M. I. M.	Carolyn Magee

50	M. Free	none
100	M. Free	none
200	M. Free	none
400	M. Free	none
800	M. Free	none
1500	M. Free	none
50	M. Back	none
100	M. Back	none
200	M. Back	none
50	M. Breast	none
100	M. Breast	none
200	M. Breast	none
50	M. Fly	none
100	M. Fly	none
200	M. Fly	none
200	M. I. M.	none
400	M. I. M.	none

50	M. Free	none
100	M. Free	none
200	M. Free	none
400	M. Free	none
800	M. Free	none
1500	M. Free	none
50	M. Back	none
100	M. Back	none
200	M. Back	none
50	M. Breast	none
100	M. Breast	none
200	M. Breast	none
50	M. Fly	none
100	M. Fly	none
200	M. Fly	none
200	M. I. M.	none
400	M. I. M.	none

50	M. Free	none
100	M. Free	none
200	M. Free	none
400	M. Free	none
800	M. Free	none
1500	M. Free	none
50	M. Back	none
100	M. Back	none
200	M. Back	none
50	M. Breast	none
100	M. Breast	none
200	M. Breast	none
50	M. Fly	none
100	M. Fly	none
200	M. Fly	none
200	M. I. M.	none
400	M. I. M.	none

WOMEN 80-84

VS	08/09/25	0:59.95
VS	08/09/25	2:14.20
VS	08/09/25	4:58.20
VS	08/09/25	10:17.84
VS	08/09/25	20:55.42
VS	08/10/25	1:12.61
VS	08/10/25	2:39.93
VS	08/10/25	5:35.00
VS	08/07/25	1:19.57
VS	08/07/25	2:53.98
VS	08/07/25	6:01.96
VS	08/09/25	1:14.50
VS	08/07/25	3:20.11
VS	08/08/25	7:37.03
VS	08/09/25	5:23.24
VS	08/07/25	11:59.76

WOMEN 85-89

WOMEN 90-94

WOMEN 95-99

INLAND NW LCM Records -- as of 8/15/26

MEN 100-104

none	50	M. Free	none
none	100	M. Free	none
none	200	M. Free	none
none	400	M. Free	none
none	800	M. Free	none
none	1500	M. Free	none
none	50	M. Back	none
none	100	M. Back	none
none	200	M. Back	none
none	50	M. Breast	none
none	100	M. Breast	none
none	200	M. Breast	none
none	50	M. Fly	none
none	100	M. Fly	none
none	200	M. Fly	none
none	200	M. I. M.	none
none	400	M. I. M.	none

WOMEN 100-104